



It's girly TMI, but it's funny....



trollcatz

 [trollcatz](#)

<https://trollcatz.livejournal.com/2010-04-26> 10:15:00

MOOD:  uncomfortable

MUSIC: oh, I should have taken a sick day

Dateline: my bedroom

Time: 4 am

Me: Oh, the cramps. The cramps in the walls! The cramps!

Spouse: What is.... a punk band?

Me: What is my belly.

Spouse: Ouch, let me get you a heating pad. Want some drugs?

Me: They'll ease up in a day or so. That's nothing in geologic time.

Spouse: Too bad you're not a rock.



Thank you

This is Patricia Andreoli, wife of Daphne Worth, who you all knew as Trollcatz. Daphne died

...And there goes the weekend

But hey, we got a day and a half of this one! And I got to sleep in for two whole mornings. Too bad

As a law

enforcement
professional--

9 comments

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 [trollcatz](#)

[April 26 2010, 15:42:12 UTC](#)

[COLLAPSE](#)

In that case, tea, hell--I'm gonna go eat the whole bush.

Deleted comment



 [trollcatz](#)

[April 27 2010, 14:36:28 UTC](#)

[COLLAPSE](#)

I like the heating pad and Anaprox tactic. Tea also works.

And sympathetic coworkers who deliver chocolate.




 [sprrwhwk](#)

[April 26 2010, 16:16:24 UTC](#)

[COLLAPSE](#)

...but are you an island?




 [trollcatz](#)

[April 27 2010, 14:36:54 UTC](#)

[COLLAPSE](#)

Maybe a small one.



 [jennygadget](#)


[April 26 2010, 17:59:31 UTC](#)

[COLLAPSE](#)

yuck. sorry. cramps are evil.

The only thing that works for me is midol and caffeine (which is a bit redundant, but that's the point) or - if I actually need to sleep sometime this century - alcohol.



 [trollcatz](#)

[April 27 2010, 14:41:46 UTC](#)

[COLLAPSE](#)

Alcohol is always the answer.

 [uffer](#)

[April 26 2010, 19:50:59 UTC](#)

[COLLAPSE](#)

Ow. Much sympathy.

I seem to recall reading somewhere that regular calcium supplements can help. Also, have a banana, which has much potassium in, and tastes good* (also, tryptophan, precursor to serotonin, which can't do any harm, right? So, on principle, have a banana.) as long as your partner doesn't work for a fruit importer and comes home smelling of 'em most days, anyway. At which point one approaches them grimly and with determination, on a purely medicinal basis.

*but not one of those evil red ones, because you can't tell by looking when they're ripe, and if they're not they're mouth-puckeringly vile and starchy and disgusting, and will scar you for ever.

I'm sorry, I appear to have rambled all over you. I shall crawl back under my flat rock now and leave you in peace.



 [trollcatz](#)

[April 27 2010, 14:42:16 UTC](#)

[COLLAPSE](#)

I like the red ones!!!

 uffer

April 27 2010, 18:54:38 UTC COLLAPSE

You're odd. I like you.

And now I know where to send my share of the evil red nanas, which may well count as your Good Deed For The Day, though the Banana Factory wherein Himself works no longer makes the red ones. Or, alas, the little tiny 'apple' ones, which I /did/ like.